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AUTHOR	Vickers, Joan N.
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ABSTRACT

This text uses the unique Knowledge Structures (KS) Model developed specifically for those who teach and coach complex physical skills. The KS Model provides the framework for constructing a sport-specific curriculum based on all of the pertinent information needed to perform a sport or activity. The model is cross-disciplinary, integrating information from disciplines such as biomechanics, kinesiology, exercise physiology, motor learning, sport psychology, cognitive psychology, and instructional design. Part one of this text describes the foundations and goals of the KS Model and why it is considered important for today's student teachers to apply this approach in their teaching. Part two explains the nature of the KS Model and elaborates on 10 guidelines for developing a specific knowledge structure. Part three is designed as a workbook and incorporates the instructional design questions and exercises. (JD)

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